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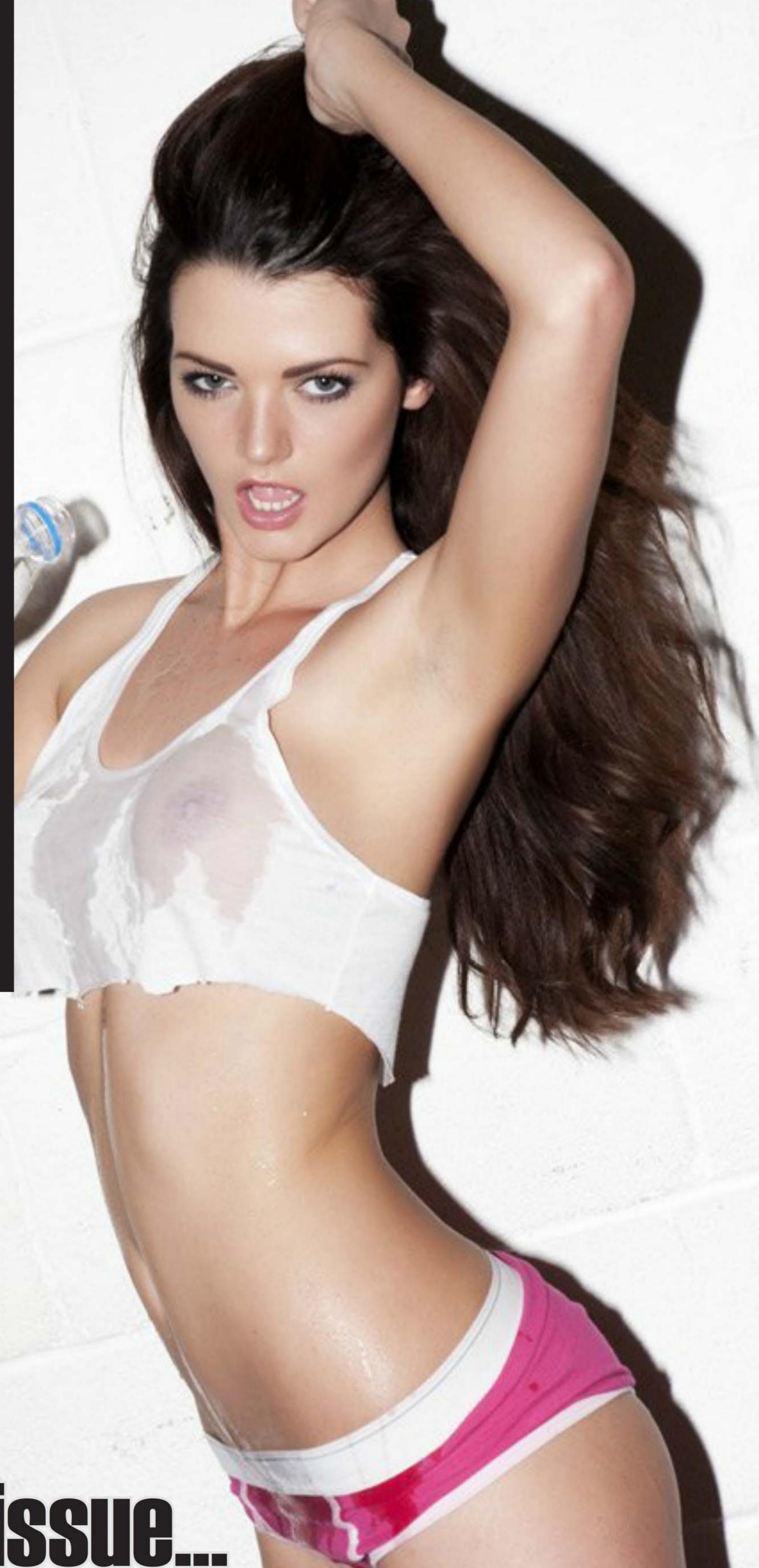
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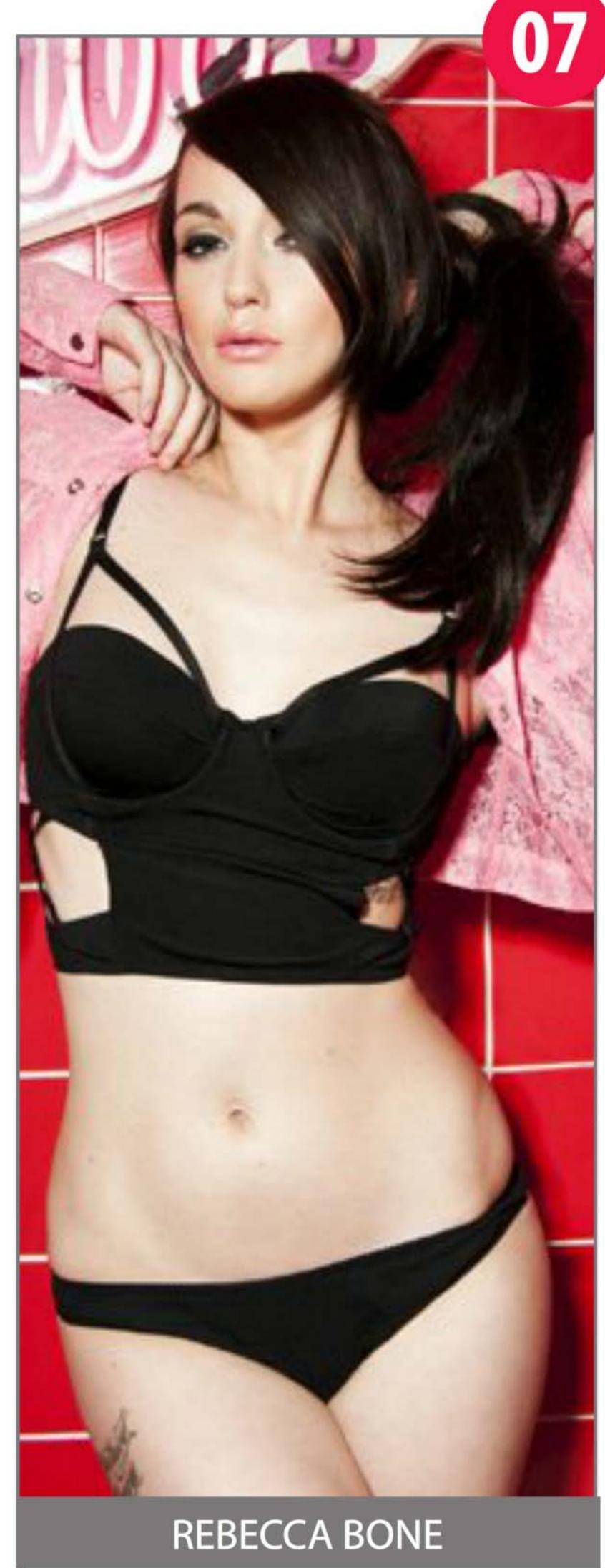
Enjoy the issue...

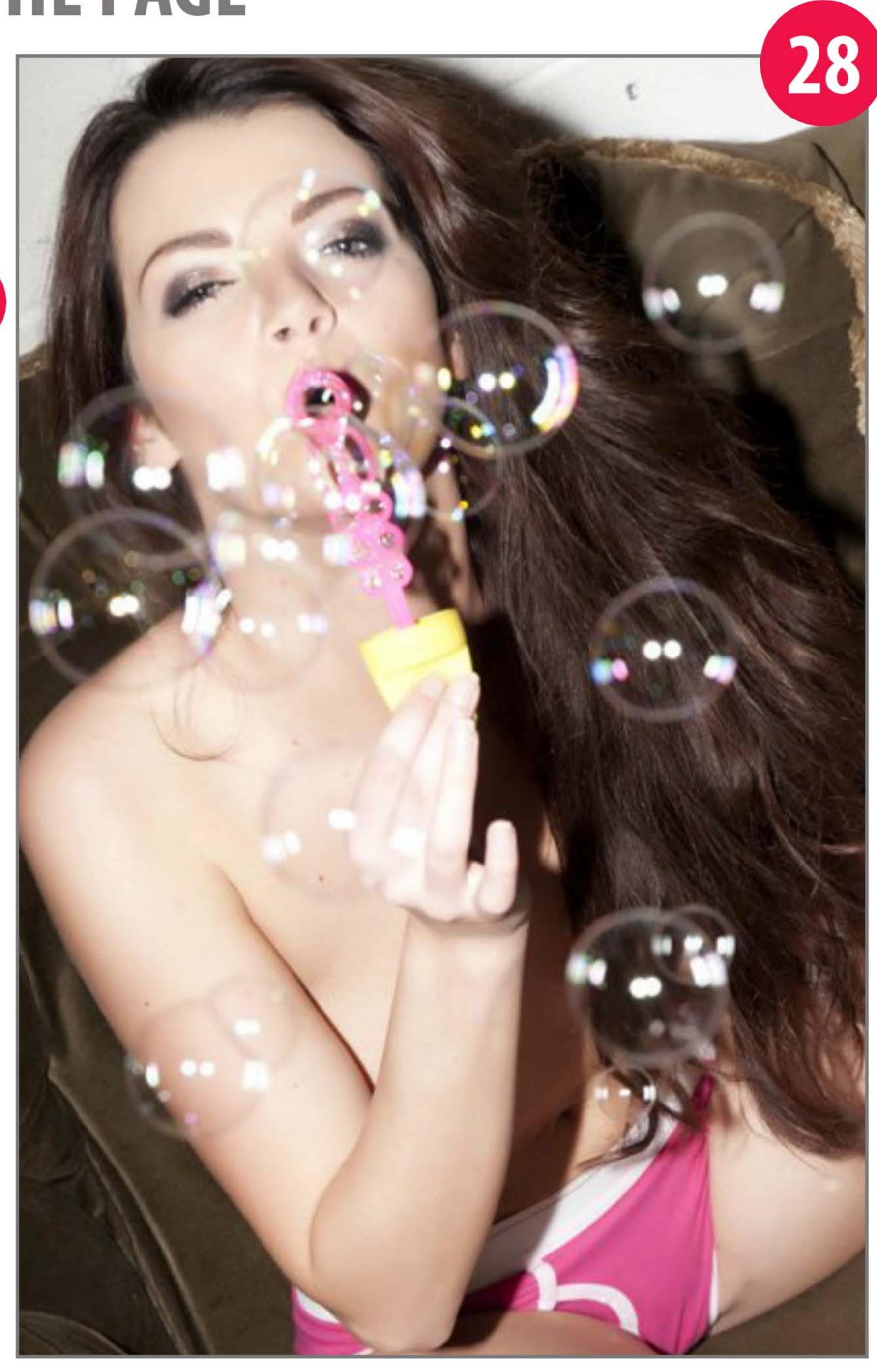
Love Emma x

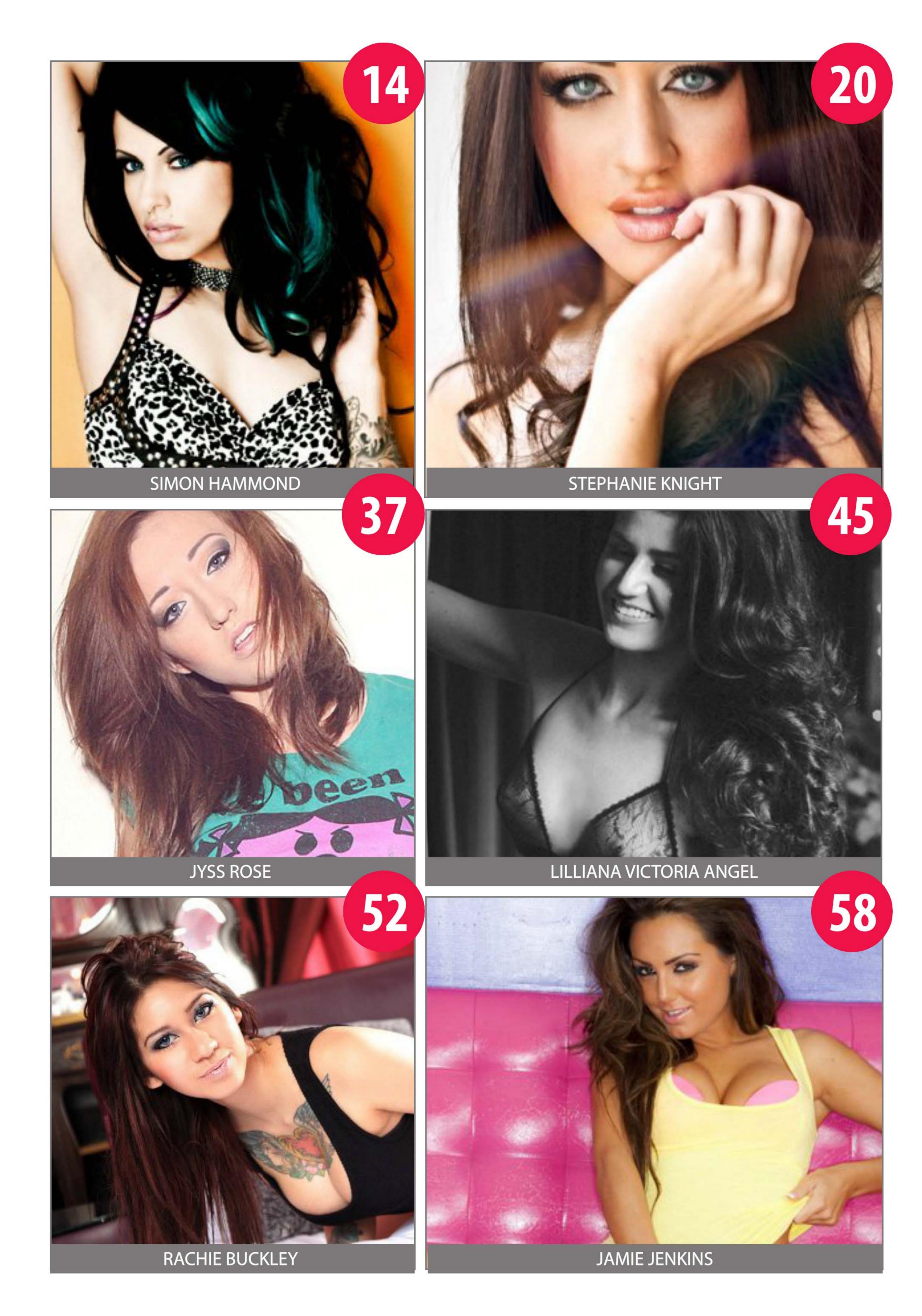


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EMMA MCVEY











Hi Rebecca, welcome to Elite! Tell us a bit about yourself, where you're from and how you got started in the industry:

Hello, thanks! I am from a beautiful city called Winchester, I live in the countryside which I absolutely adore. I got started when I modeled for a friends clothing company and from there onwards people asked me to shoot which I, mostly, said yes to.

How would you describe your style?

I can be different styles. When I am at home and casual I'm like a girly tom boy in a pair of high top trainers and a tea dress. When I am out and dressing up I like a more classic lady look - less is more for me.

What was it like to work with the Gemma Edwards on this shoot?

Since working with Gemma Edwards on more than one occasion now, I can say how much I enjoy shooting with her, she's really easy to get on with and we have a similar sense of humour. Gemma knows what it is she wants to shoot and then concentrates on getting the best from that photo in a laid back approach. It's great working with Gemma, she's highly professional from her styling, make up and organisation. I have a lot of respect for her as a person also, she's very likeable.







What's a guaranteed turn on for you?

Much like the answer above I can't be turned on by someone unless there is trust, passion and kindness! Without it.... no sexual means and ways really matter all that much. There is zero attractiveness. I am really attracted to a guy that can show kindness and an understanding without a care for how he looks.

If you could have one superpower, what would it be?

A shape shifter! I could be anyone and anything at anytime, whenever I felt like it.

If you could pick one celebrity to put on a stranded island to never be seen again, who would it be?

I couldn't care less about celebrities. I don't think I pay attention to the ones that annoy me, not enough to think about one to go on an island anyway. I'd elect myself for the island, solitude can be bless!

What's your favourite rude word?

Fuck!

What's the worst idea you have ever had?

I've done a lot of stupid shit. One time in London - I stayed late at a gig just to hear the end of it, missed my train and had to sleep at the tube station, alone - that sucked, I was a homeless girl for the night, I woke up to people going to work and leaving me coins at my feet (which I gave to a real homeless guy on the way home).

Tell us something about you that people won't know:

I wear my heart on my sleeve which quite often gets me into trouble....with men or with my passions in life, but I do always mean well. I'm quite misunderstood in love.

What would be your ideal night out?

A good live music show and maybe a boogie if I'm in the mood.

What's your favourite chat up line of all time?

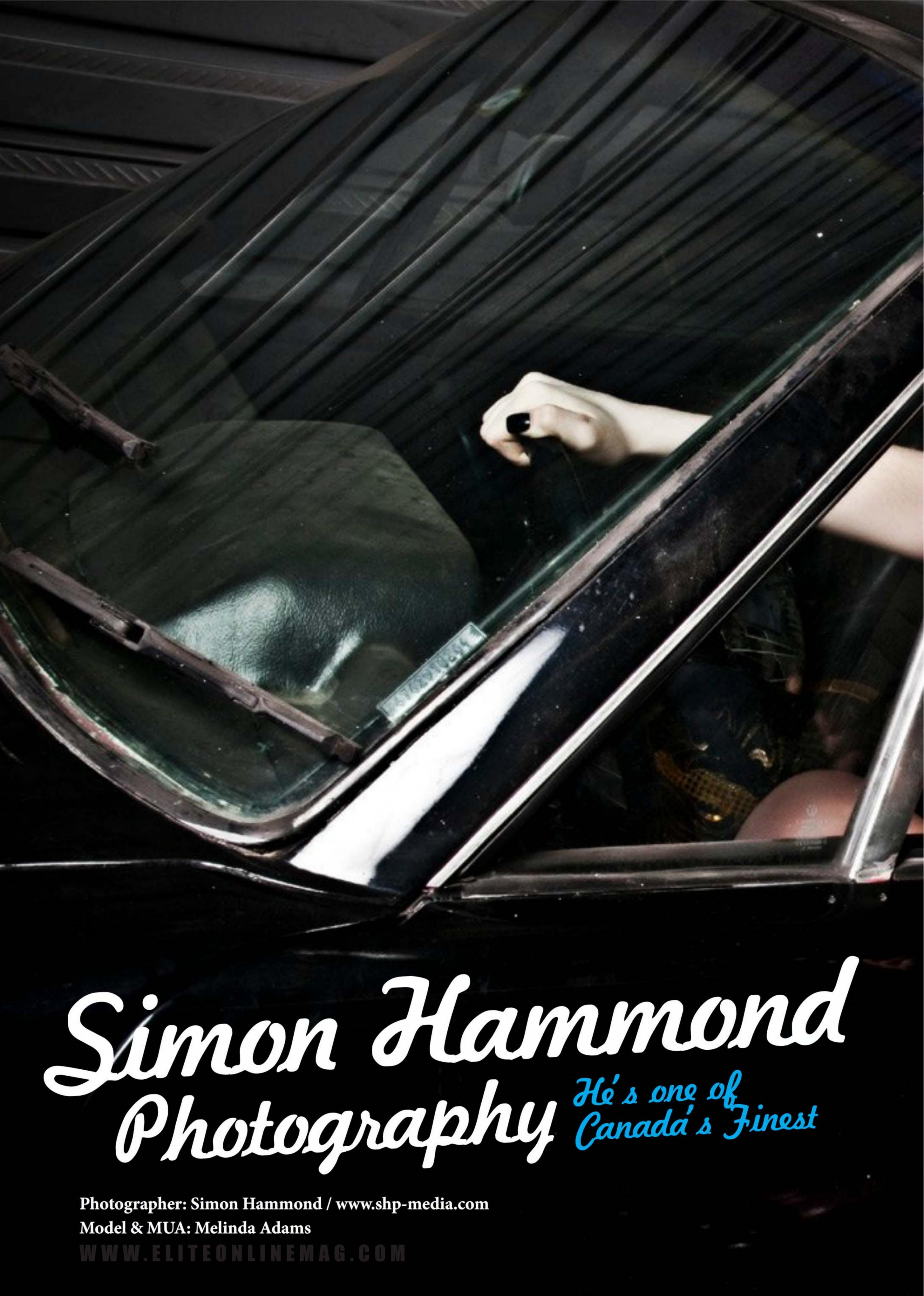
I don't like them but if they're funny I guess it's worth it. Someone once said to me: "You're so sweet, you're gonna put sugar out of business." - Not funny, didn't work - but I liked it!

My buddy once used: "Do these look real?" - It was funny and it worked, but for all the wrong reasons.

Finally, is there anything you would like to say to the Elite readers?

Don't be mean, don't take shit and never settle.







Hi Simon, tell us how you got started:

I began when I was young with a small 35mm camera from the 70s. Snapping images of my experiences growing up. I began working with Lifetouch Canada as a school photographer in my late 20's and it kind of took a life of its own from there.

How long have you been a photographer?

I bought my first DSLR in 2007, and that is when I would say I really began my journey towards becoming a photographer.

How would you describe your style?

What best describes my style would be using the wrong techniques, to get the right effect. I didn't attend school for photography, and often my 'fly by the seat of my pants' style and use of light give my work a unique and edgy feel. I find abandoned and urban decay locations, that I feel add an additional layer of emotion and wonder to my images.

What equipment do you use?

I currently shoot with all Nikon equipment, and the Nikon creative lighting suite. As well, I have a full suite of wireless Bowens studio strobes.

Who are your inspirations?

Aaron Knacer, Kirsty Mitchell, Frizzycube, Benjamin Kanarek.

Who are your favourite models to work with?

I haven't narrowed it down to a group just yet. Anyone who is willing to go with my ideas and sketchy locations are great in my books. I've worked with great models, both male and female, alt, fitness, and high fashion. As long as they are easy-going, creative, and fun to work with, they are aces in my books.



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Do you have any advice for aspiring models?

Study your posing. Get used to early mornings, long days, and hours in makeup. Make sure you do your research on who you are working with, and what their expectations are. Also, arrive on time, ready to work. This is key.

What are your thoughts on digital manipulation?

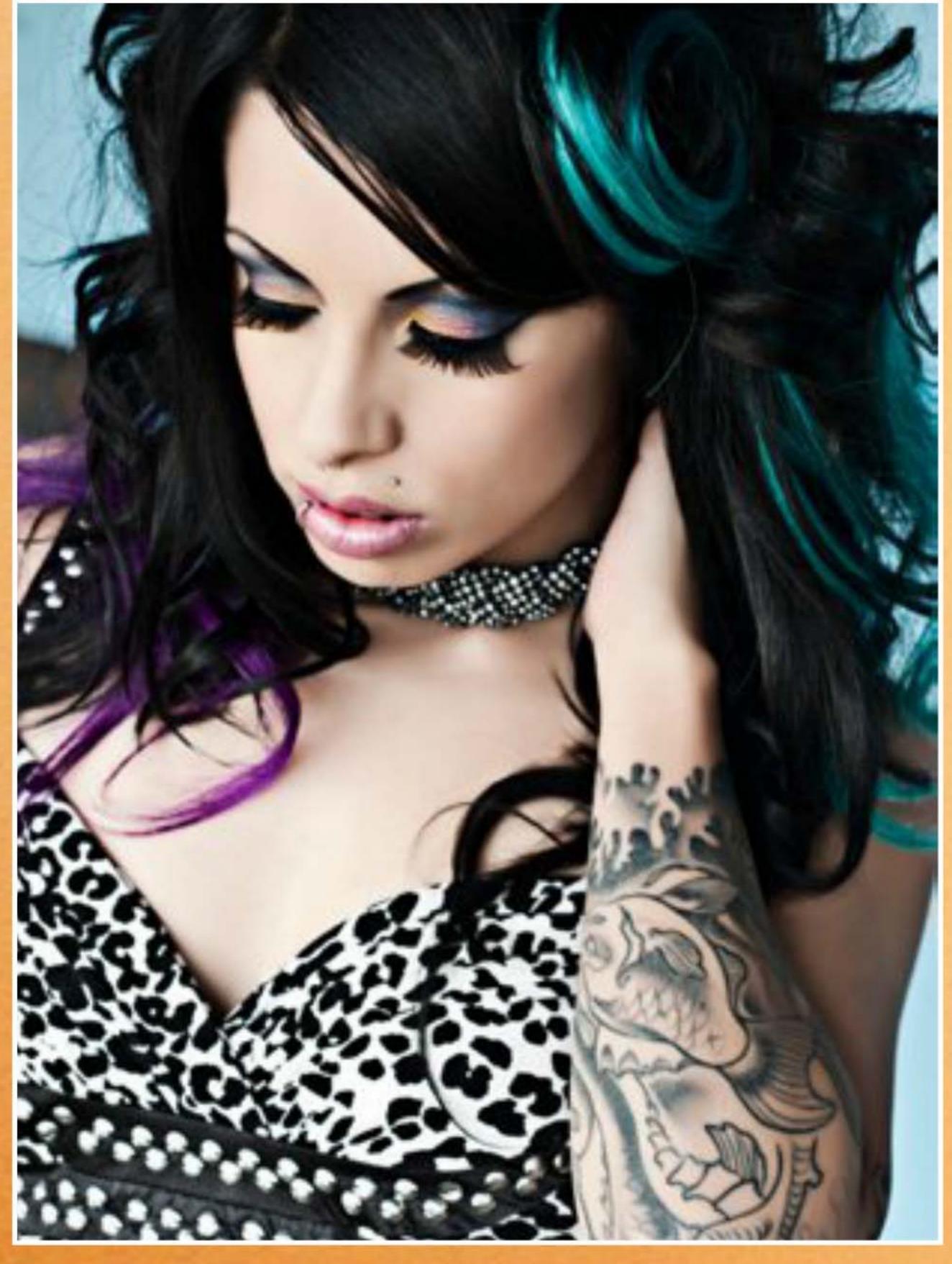
I don't mind it to an extent. I use airbrushing, and layer masking to correct skin issues, however I don't use the liquify tool or make subjects 'skinnier'.

What do you enjoy most about photography?

Being able to express myself creatively and doing so with a great group of artistic people. I've worked with Kate Nadon Makeup Artistry, Aisha Bennett of Styled Society, Vicky Tadros of So Chiq, Bilalo Hair Artistry, Eros DIY Clothing, Icy Looks, DBS Studios/Avont Inc and a large group artists and models who have all been integral to getting me to where I am now.

I'm continually learning and trying to mature as an artist, and being around so many inspiring people is wonderful motivation to always try for a higher level.













Hi Stephanie, it's great to have you in the magazine! Tell us a bit about yourself, where you're from and how you could started in the modeling industry:

I'm 22 and from Derby. I've been a full time model for 4 years. I did my first shoot at 18.

Have you traveled a lot with your modeling, if so where has been your favourite place to go so far?

I've been to Spain, Portugal and Greece but would have to say Canada:)

How would you describe your style?

love the 60's style that's around at the min! Big sunglasses etc! I love the classic look.

What has been your favourite modeling project so far?

I'd say filming a music video. It was so much fun! I've done so many amazing jobs it would be hard to pick just one! Shooting abroad is always fun!

Do you have any other experience in the fashion industry?

I've done a bit of acting and trying to break into it more. You can see me in the British romantic comedy film 'How to stop being a loser'.

Out of all of the photos the photographer took of you, which is your favorite and why?

I love them all. Simon's a great photographer. I like the lying down ones.

How do you prepare for a modeling shoot?

Plenty of water and sleep!

It is often said that a model should have a good personality. What personality traits do you think you have that should make you a good model?

I'm very bubbly and happy! You need to have a positive attitude as it shows in your photos!

What's your favourite outfit that you have worn for a shoot?

I'd say I'm very up to date with fashion I I'd say a black lacy number. I love classic lingerie.



Outside of modeling, do you have any other passions?

Singing! I'm currently recording a dance track so watch this space!

If you could be one person for the day, who would you be?

MEGAN FOX, shes hot!

If you could be in charge of Elite for a week, what would you do?

Have a huuuge Elite party and cause mayhem! Hehe.

So how can a guy impress you?

A guy that can make me laugh always impresses me.

Is there anything unusual about you?

I'm double jointed! Haha.

What kind of girl would you go out for if you were a man?

The girl next door type, but naughty in private;)

What would you do if you had three wishes?

Wish to win the lottery, wish for my own private island getaway and wish for 3 more wishes haha!

What's a guaranteed turn on for you?

Confidence! and O've got a thing for stubble and big hands haha! Wierd I know!



What is the naughtiest thing you have done?

Skinny dipped on holiday with a few other models, was so much fun! We almost lost our clothes!

What is the naughtiest thing you want to do?

Go to a nudest beach! I think it would be so funny!

Have you ever kissed a girl?

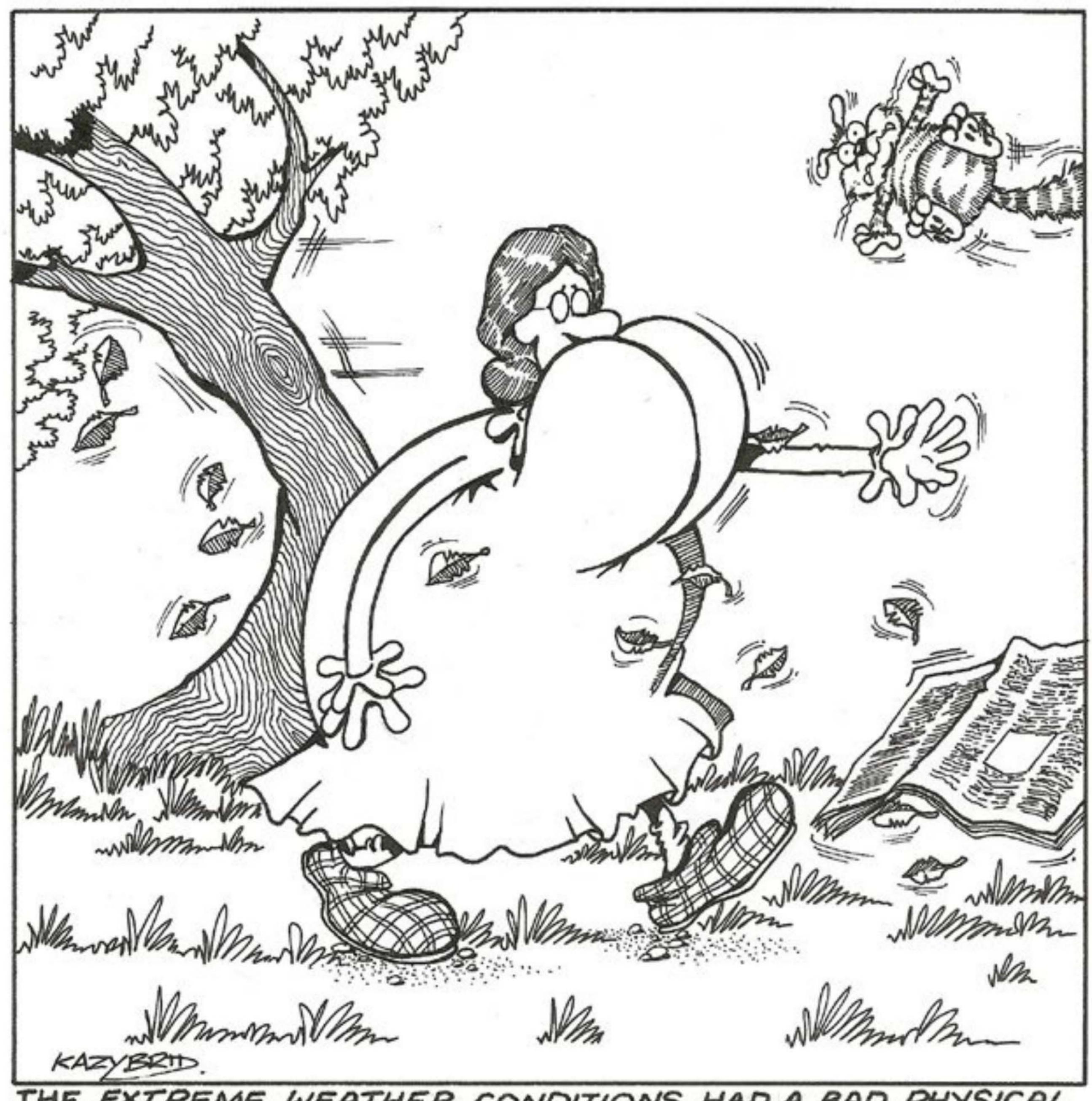
Yes!

Anything else you'd like to say?

For anyone that wants to talk to me I'm on Bluebird TV twice a week on the daytime shows. Twitter is @sknightmodel.

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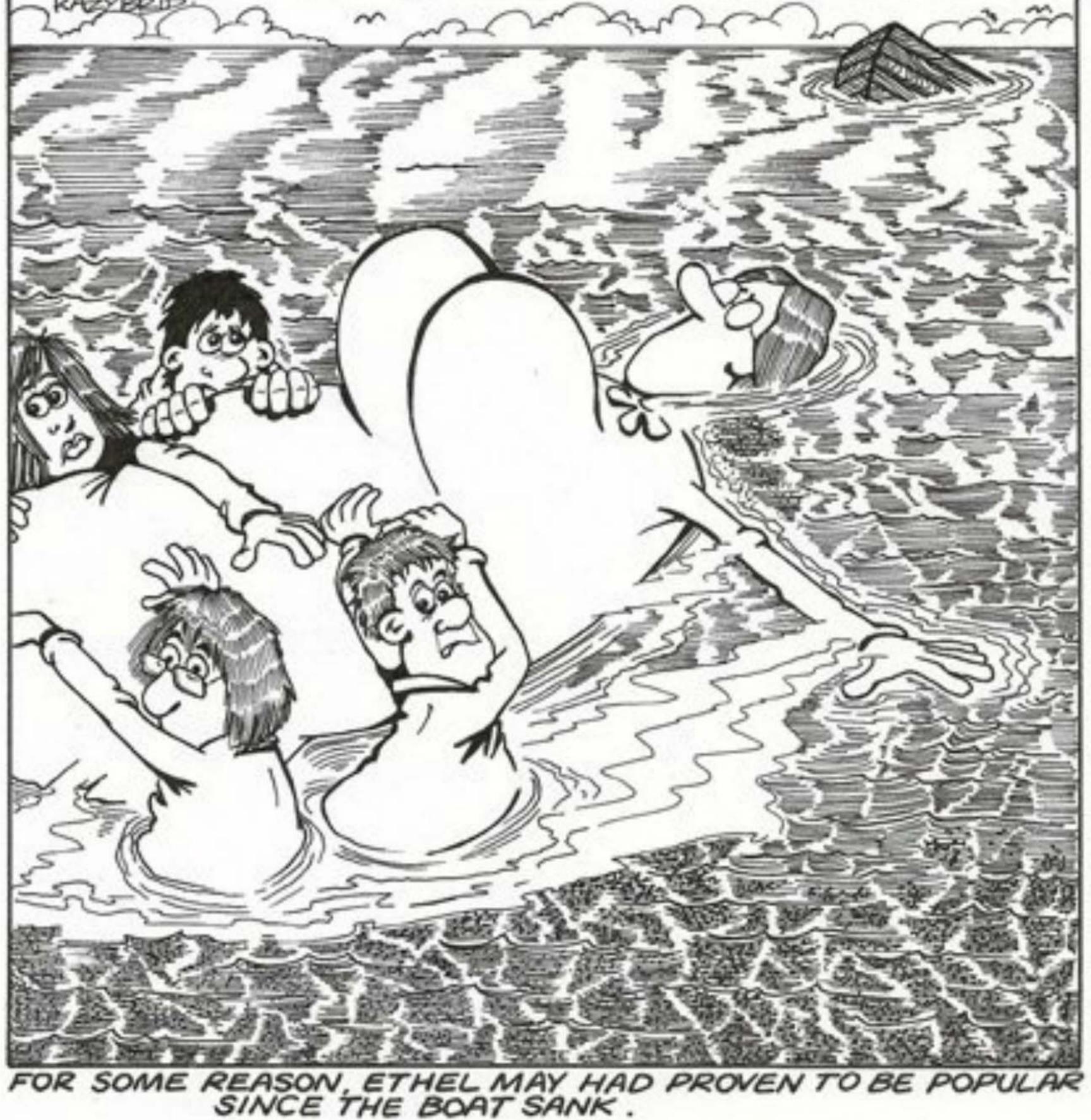
Plastic Gramles



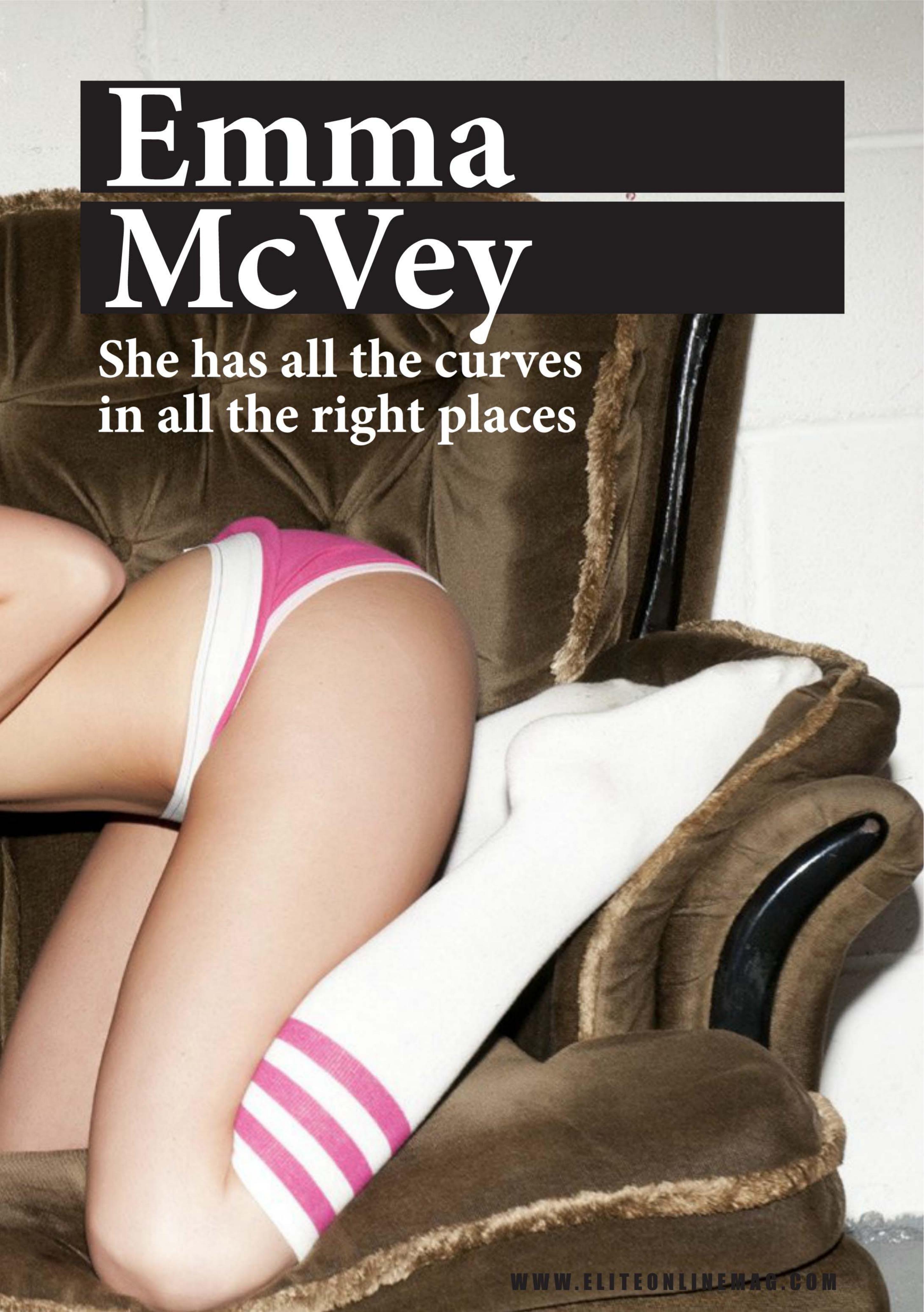
THE EXTREME WEATHER CONDITIONS HAD A BAD PHYSICAL REACTION ON EDITH.

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Plastic Grannies is the creation artist/writer, Mychailo 'Mike' Kazybrid, who has worked professionally in the comic book industry for over 36 years, this mainly on licensed characters and titles such as Wallace & Gromit, Shaun the Sheep, Duckula, Dangermouse, The Tick, Matt and the Cat (Transformers UK), to mention but a small few. His work equally includes six years producing daily cartoon strips for provincial newspapers such as the Bradford Telegraph & Argus, and later the Manchester Evening News, and more recently drawing the Wallace & Gromit daily cartoon strip in The Sun. His work has ranged from children's books, international comic strips for mobile phones, to four years in broadcast television. Much of his artwork is showcased http:// on kazybridscharactercreation. blogspot.com, this includes showing original pencils and inks of the Wallace & Gromit strips. His cartoons can also be seen in the Two Men and a Ghost feature in Haunted Magazine.











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GEMMA EDWARDS PHOTOGRAPHER





Name: Jyssica Rose

Age: 18

Location: Shropshire!!

Hi, welcome to Elite! So tell us, how would you describe your style?

'Dress to impress' is my motto!

What was it like to work with the photographer on this shoot?

Matt is lovely, and he's an amazing photographer... I can definitely give a big thumbs up to him.

What was your favourite part of the shoot?

I love just being in front of Matt's camera, being able to have fun whilst posing... selecting and chopping up clothes! Being creative is the best part of shooting with Matt!!

Outside of modelling, do you have any other passions?

Other than partying like a wild girl with my girls and eating A LOT of Chinese take outs, spending time with my family is a big passion of mine!!

If you could be one person for the day, who would you be and why?

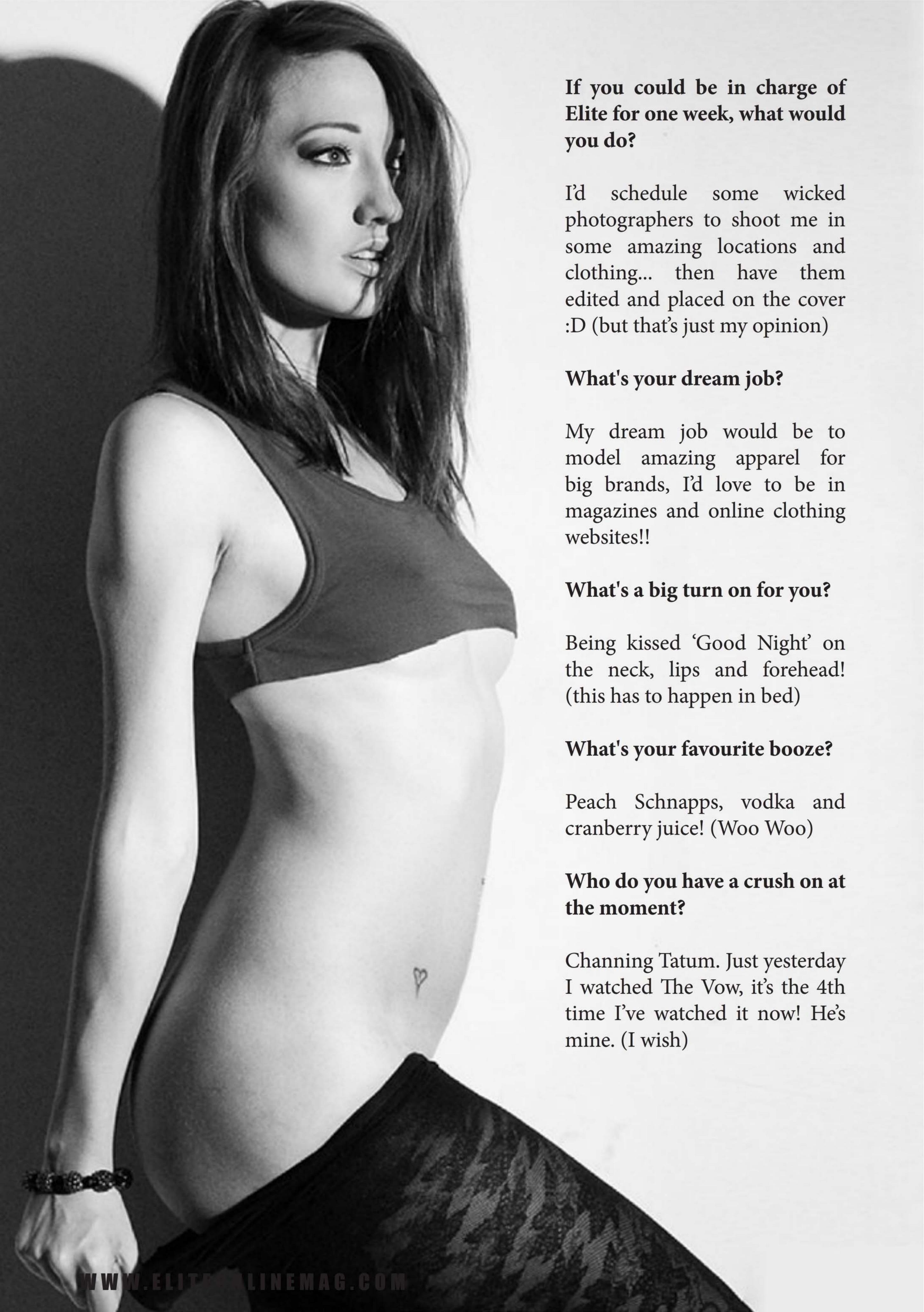
I'd love to be Rihanna because I could wear some sexy clothes and strut around like a star for the day (I'd probably be extremely hyper and do lots of crazy things too, to be honest!)







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Who's your favourite artist in music right now?

Usher, got to love Usher. He can dance, sing and look hot.

What would be your ideal night in?

Chinese food, film (non-horror, yes I'm a pussy), cuddles, kisses and maybe a bit of 'Boom Boom' or a lot. :P

So how can a guy impress you?

'Treat me right and I won't bite'.

What is the naughtiest thing you do?

Hmm, that is too rude for you!!;)

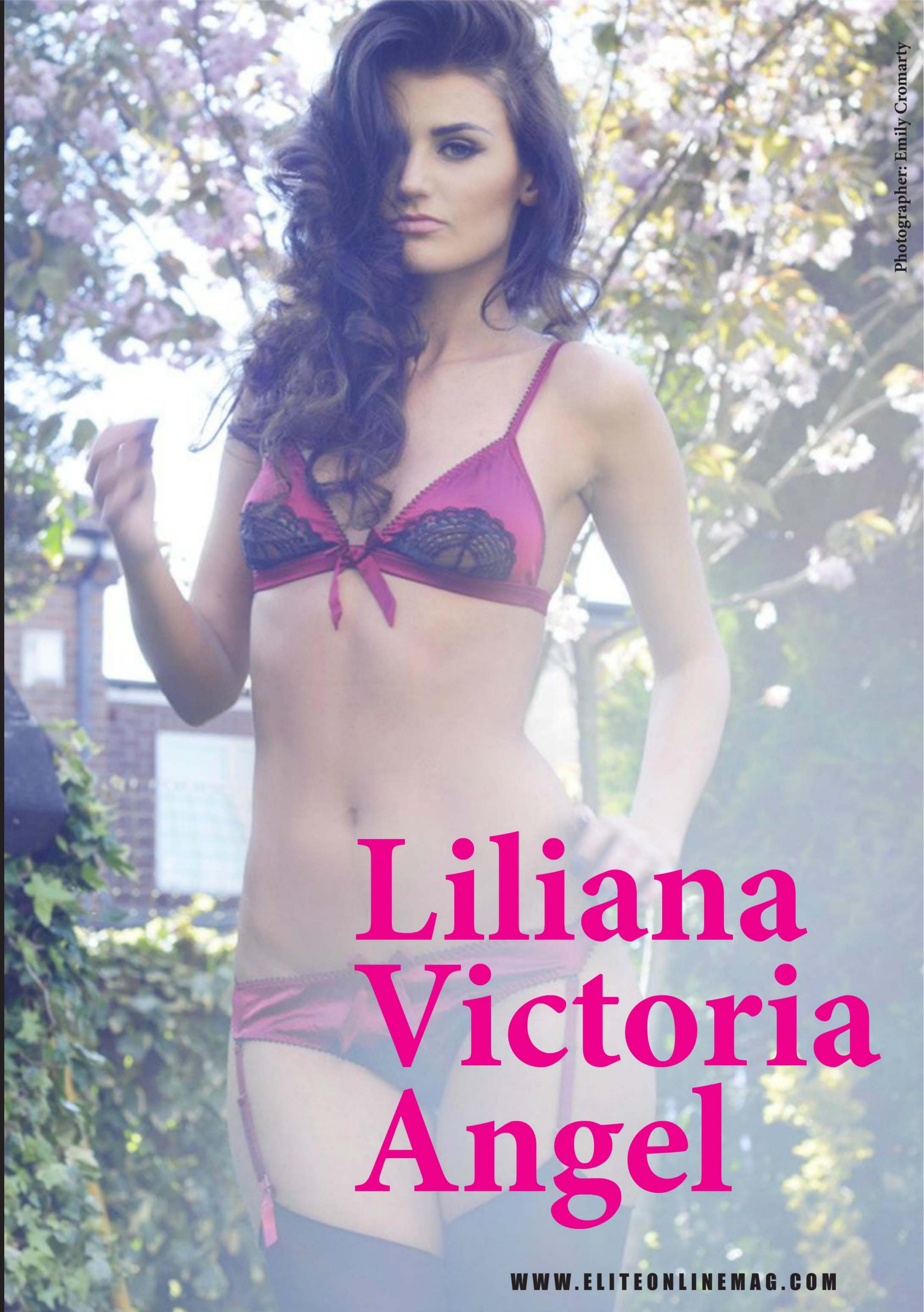
Finally, is there anything you would like to say to the Elite readers?

Add me on my Facebook Page: https://www.facebook.com/MemoryModel Mwahhhh xxx











Full Name: Liliana Victoria Angel

Age: 21

Location: UK

Tell us about yourself: Why do you want to work as a model?

I have the looks, the 'vital stats' and a killer attitude for one. I'm based in Newcastle. I also feel I have the experience to be a successful model. I am all set to work at random schedules and off-beat hours.

How did you get in to modeling and how long have you been doing it?

I started modeling when I was about 11. I remember two beautiful ladies ask me to come for the casting back in Ukraine. I was on my way with a friend for a Russian Literature class and they were scouting for young models. They pick me and a couple other girls and invited us for the casting, when I got through it was more for kids and teens. We would travel to a different places its was really fun... Then I moved England and after a while of getting to know UK and finishing my studies, I decided to continue doing modeling! It's a hobby for me... I always say do the things you enjoy, it makes me happy doing something I really like!

So what is like to be the 'dreamgirl' in the upcoming film Stagg Do?

The Stagg Do is a low budget comedy about four geordie lads planning to go on a wild stag night with loads of booze and women - but the plan gets ruined when they have to take the bride's father with

them. I play a small role as one of the girls they fantasize about meeting on the stag night and I'm also in the brochure that they 'choose' girls from. It was my first experience on a film set and I loved it - I've since signed up to take acting classes as I'd love to do more in the future. The film will be released in September. The Stagg do Trailer is out now at www. thestaggdo.com.

What would you prefer a photo shoot or the catwalk? And why?

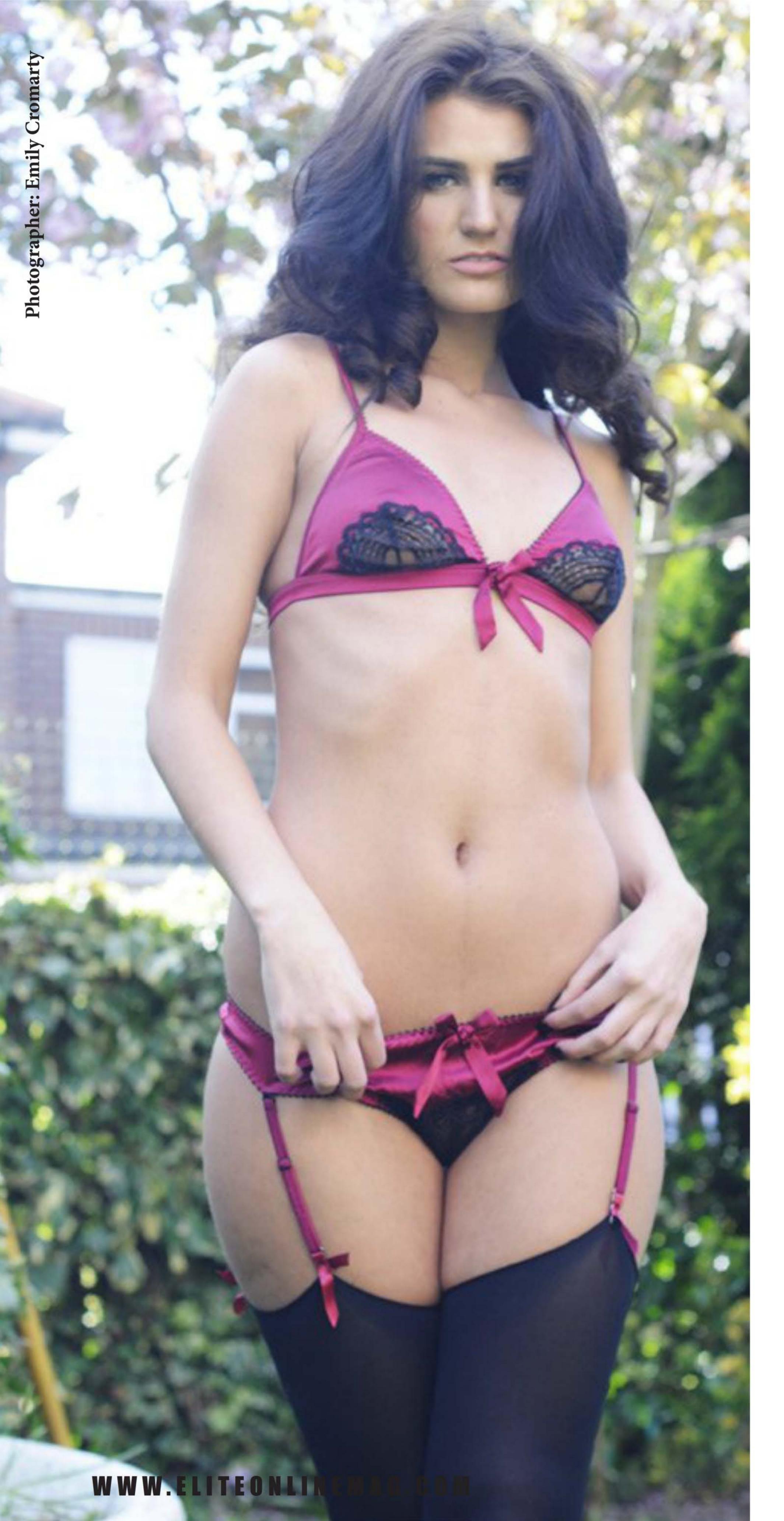
I like photo shoots and catwalks as they are both different in their own way. With photo shoots you get to spend time at the studio mostly, if it's your lucky day you get to shoot outside... For catwalk you get to walk in the most creative and crazy beautiful outfits. The sort of outfits you never would wear in real life. I love the real adrenaline rush, it makes you want to go and do it again.

Who are some of your favourite models and designers, and why?

I have a lot of them. Cindy Crawford, the beautiful Russian model Irina Sheyk and Tyra Banks to name a few. Those girls really have the 'beauty and brains'. One of my favourites are the Victoria Secret Angels! They are all in different shapes and curves, but I mostly love how it's all about the girls and their personality. For designers I love Dolce & Gabanna and Versace. With Dolce & Gabanna it is all about the cleavage, very womanly and very Sophia Loren. I see myself wearing their clothes.







What is fun and rewarding about modeling?

New experiences and finding things about yourself you never thought you could do or had in you!

What do you dislike about modeling?

I can't think of anything right now that I dislike!
I'm rnjoying ever moment of it.

Describe yourself in one word:

Ambitious.

Favourite Food:

I like to try everything... My favourite is sushi.

Whats your most favourite thing about your body?

My eyes and legs.

Any last words for our readers?

Trust your instincts and follow your heart, it will always lead you down the right path.

Love, Liliana.



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Hi Rachie, it's great to have you in our magazine! Tell us, what have you been up to?

Thanks for having me! I've been up to various things lately, including photoshoots, club promo work as well as the usual partying and seeing friends and family.

Is this your first photo shoot for a magazine?

No I've featured in quite a few magazines before, however this is one of my first English magazine feature as usally the ones I do are US based!

Who are your modeling aspirations?

Pamela Anderson, Kim Kardashian, Holly Maddison to name a few!

Rachie Buckley The International Superstar





How do you prepare for a modeling shoot?

I usually like to get a wide range of outfits I think I'd actually quite like to be my ready, ideas in mind for the photoshoot such as style, inspirational shots etc... I like to be over prepared if anything. I then like to make sure I do a face mask the night before and get lots of beauty sleep:P

It is often said that a model should have a good personality. What personality traits do you think you have that should make you a good model?

This I totally agree with I definitely think a model needs to be more than a pretty face to be successful. In regards to myself I'm friendly, polite and always interact with fans but also very professional yet fun while working.

How would you describe your style?

Hmm I think I'm quite a girly girl but also have a slight edge with a couple of tattoos!

What was it like working with the great Mike Cohen?

I really enjoyed working with Mike, he's a great photographer and I definitely think we worked well together. I was very pleased with the outcome of the shots!

What's the best thing about having big boobs?

Haha well I am a big boob lover so everything is great about them to me haha... But the best thing I'd say is the womanly shape they give.

If you could be one person for the day, who would you be?

boyfriend haha, just to see what it was like to deal with me for a day and from a mans prospective!

Do you ask girls to feel your boobs?

It's usually the other way round... girls are always asking to have a feel of my boobs!

If you could be in charge of Elite for a week, what would you do?

Put myself of the cover;) haha no I think I'd keep it mainly as it is just do a bit of extra promo and try and spread the work about Elite even more.





Describe the atmosphere when you're on a shoot. Do you play music? Do you talk with the photographer between shots?

Each shoot varies of course but generally I like to have music on as it sets a more relaxed atmosphere, and interacting with the photographer is always great as I feel it makes us both comfortable and also able to put our ideas together to create the best shots possible! I also think it's important to have a laugh and a bit of fun on shoots however still keep it professional and get down to the work.

So how can a guy impress you?

Got to have a great personality and be able to make me smile

Is there anything unusual about you?

Many people tell me my mixture of heritage is unusual... English, spanish and Malaysian.

What kind of girl would you go out for if you were a man?

Hmm... I think I'd have to go for a hot blonde, nice curves, typical playboy bunny look. I'd want them to be intellegent and a lovely person inside as well as on the outside.

Could you beat a kangaroo in a fight?

I could certainly give it a go!

Blonde or brunette?

Even though I'm a brunette I'd have to go with blonde.

Finally, any last words to our readers?

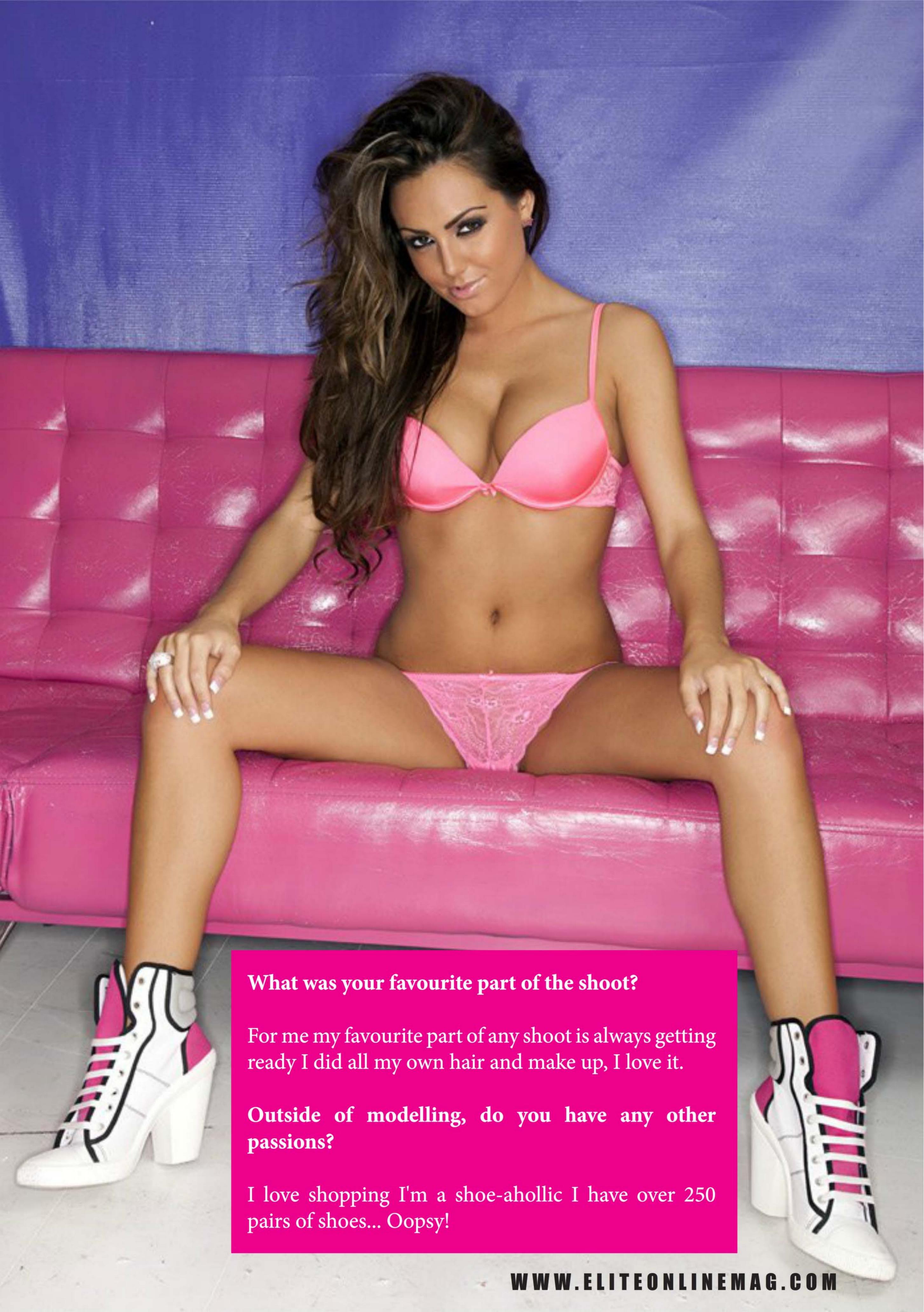
Thanks for reading and getting to know abit about me, be sure to check out my Facebook www.facebook.com/RachieBuckley for all updates and upcoming work!





















Here in the UK a lot of food is marketed as being 'healthy' when quite frankly it is far from it. To suggest something is low in fat, does by no means suggest it is good for you! This infectious illusion has caught us all out at some stage leaving us feeling satisfied, and guilt free. Little did we know that in reality, the marketing intelligence behind it had entirely won us over. The land of the fat free: Don't go there.

Rule one - never go shopping on an empty stomach. Obvious? Maybe, but so many of us continue to do it. When you have low blood sugars you are vulnerable to cravings, which are the real cause of compulsive eating. Understanding the biochemistry of your cravings, and patterns is key here. The psychological approach to correcting eating habits falls down to identifying the feeling you have prior to reaching out for high carbohydrate and simple fast acting sugars.

The truth about sugars

So what happens to our blood sugar when you eat a high carbohydrate diet? It doesn't matter which processed carbohydrate food you choose, carbohydrates break down into sugar (glucose) in your body and go into your blood. Unbalanced blood sugar levels are a major cause of carbohydrate cravings. Because your blood cannot tolerate too much sugar, your body naturally produces the hormone insulin that takes sugar from the blood and deposits it into the cells.

So now you ask yourself, what carbohydrates can i eat that won't impose such a distress on my blood sugar levels? We need carbohydrates as a source

of energy for a wide variety of bodily functions. In order to provide for your body we turn to low glycemic complex carbohydrates (Most people refer to these as slow release foods). Brown rice and oatmeal are good examples of low GI carbohydrates.

The sugar solution

If you are living the sweet life, and are not sure about replacing your cakes for blueberries, i will give you plenty of reasons to put to the test.

Blood sugar problems, are everyone's problem.

Any of these sound familiar?

- Can't loose weight, no matter what you do?
- Feel depressed for no reason
- Insomnia
- Feeling sluggish
- Vision problems
- Nerve damage

These are just a few of the short term affects high blood sugar can implement on the body. Long term effects have direct correlations with diseases such as heart disease, Liver disease, Osteoporosis, strokes, Cataracts, Kidney disease, alongside associations with several forms of cancer.

It is very important to understand that the original accessible forms of natural sugar are fructose (fruit), cocoa, and honey. Anything else has been manufactured by us and can not be tolerated by the body as it is ARTIFICIAL. Hold on you say, i want to enjoy my life too! I absolutely agree and i am not telling you that you can never eat

a cupcake ever again! We all deserve a treat once or twice a week maximum, not only will you have a reward, but you will kick start your metabolism and get the fat burning cycle in full swing.

The problem i am trying to emphasise is that people are simply not aware of sugar, and it's affect on the human body. Since 1996 the number of people diagnosed with diabetes has risen from 1.4 million to 2.6 million. By 2025 it is estimates that over four million people will have diabetes because of our increasing overweight population. It is the equivalent to four hundred people every day, almost seventeen every hour, or three people every ten minutes are diagnosed with diabetes... Scary right.

The sugar solution is a 30 day makeover. Are you ready to tame high blood pressure, loose weight, increase energy levels, and send your stress levels south? Here is the ideal plan, it is effective, straight forward, and delicious.

For the next 30 days you will be in my specialist care, how does that sound?

We are starting with the top ten things that should be in your trolley this month as an introduction to your solution. It is not in your head it is in your blood sugar!

Top ten things that SHOULD be in your trolley

Welcome to your local supermarket where all your nutritional decisions will have a drastic input on your everyday life, you just don't know it yet.today more than 95% of all chronic disease is caused by food choice, toxic food ingredients, nutritional deficiencies, and lack of

physical exercise. Before you even set foot outside your front door there are two things you need to ask yourself. Firstly are you exceptionally hungry, and secondly where is that list?

Remember people who don't have a shopping list, end up buying more, and often the wrong food. It opens the doors to temptation, special offers, and a shopping disaster!

SET FOR SUCCESS SHOPPING LIST

1. Brown rice/ Oatmeal/ Quinoa

Complex carbohydrates, essential for providing energy and promoting good digestive regulation due to the high fibre content. These will make a big difference in weight management due to the slower break down in the body.

2. Lean Meats - Turkey/ Skinned Chicken breast/ White Fish

Lean meats provide a substantial amount of iron which is an essential mineral. A lack in Iron can lead to anemia and fatigue. Lean meats contain very low amounts of fat, and almost no carbohydrate, while containing a high protein content. These meats are the foundation of many of my meals.

3. Eggs

Eggs are a widely available, inexpensive, and versatile source of vitamins They are also frequently linked to adverse effects like cholesterol and diabetes. Egg whites are one of the top sources of protein. Also they contain magnesium and calcium. The yolks contain more and larger quantities of vitamins - than egg whites. Also moderate consumption of egg yolks help regulate cardiovascular function.



4. Green vegetables Spinach/Broccoli

Spinach is a nutritional powerhouse containing potassium that can help reduce blood pressure, help you maintain fluid, and electrolyte balance. It also contains Vitamins A, E, C, Lutein and lycopene protecting you from free radicals. Broccoli equally provides a good source of minerals and vitamins, including B-6, A, and 81mg of vitamin C per cup serving which is 135% of your daily value!

5. Raw Almonds Unsalted/Unsweetened.

These are a popular choice in the fitness industry due to their naturally sweet taste, high protein content, Fibre, and are also packed with essential good fats. These will assist in curbing cravings and provide a great snack.

6. Blueberries/Rasberries/Strawberries/ Goji berries/Acai berries

Berries are a great option for a low carb, post training, or natural sweet alternative to artificial sugar products. Blueberries, blackberries, and strawberries are a rich source of vitamins, minerals, fibre and antioxidants that have been cited in reducing risk factors for certain cancers, inflammatory diseases, agerelated disorders, and cardiovascular and metabolic diseases. The power of their nutritional value comes from their rich, dark colours. Blueberries and blackberries both have the highest levels of antioxidant power, and strawberries boast the most vitamin C per serving of any fruit - even oranges. These fruits are low in fat/carbohydrates, high in nutritional density, and can easily be incorporated into any diet.

7. Rice cakes

My lifestyle can be very on the go, and these compact puffed brown rice cakes are both convenient and an excellent low GI choice for prolonged energy. If they alone are too boring for you, you can accompany them with peanut butter or humus in moderation (These are both great sources of 'good' fats remember we spoke about those last month).

8. Green tea/ Green tea Matcha

Matcha is rich in a number of antioxidant compounds that help improve the efficiency of numerous bodily functions. Matcha contains a high concentration of L-theanine, an amino acid that induces a relaxed but focused mental state. The effects of L-theanine compliment those of the caffeine also contained in matcha to act as a mild stimulant. Green tea is also being explored for its potential in the cancer prevention.

9. Beans (and I'm not talking baked beans here guys!)

Beans and lentils offer naturally occurring vitamins and minerals, which are better absorbed than nutritional supplements. Beans and lentils offer folate, a B vitamin important to red blood cell functioning and the prevention of specific neural tube birth defects. Beans are also a source of the minerals potassium, iron and magnesium. Potassium helps regulate muscle function, including your heart, by keeping your body's fluid and mineral levels in balance. Iron is essential to energy as it assists your red blood cells transport oxygen throughout your body. Magnesium supports bone health, organ function and energy production.



